Gymnast handstand with cherry blossom

6 inch (15 cm) hoop, 4.3 × 4.5 in (10.9 × 11.4 cm)



Colors by number: page 2.
Fabric: pale blue cotton or linen.

Stitch in this order

Where a stitch page says otherwise, follow this list.

1. **Stem stitch**, 2 strands
   Bud stalks
2. **Long and short stitch**, 1 strand
   Grass, twigs, cherry tree (color 4), leaves, buds, blossom petals, feet, back and arms, unitard, hair, ponytail, drifting petals
3. **Satin stitch**, 2 strands
   Cherry tree (color 4), bud cups, beam legs, beam side, beam top, hand shadows, side stripes, ears, rose bow
4. **Stem stitch**, 1 strand
   Lines of the leaves
5. **Split stitch**
   1 strand: petal edges, beam edges, outlines, finger lines, spine, shoulder blades, unitard edge, edges of the rose bow
   2 strands: back trim
6. **Straight stitch**
   1 strand: stamens
   2 strands: grass tufts
7. **French knot**, two wraps
   1 strand: stamen tips
   2 strands: blossom centers

Take out lines that still show, press face down, finish the hoop or sew a pillow.

What you need

A 6 inch (15 cm) hoop.

A 9 inch (23 cm) square of pale blue cotton or linen.

An embroidery needle, size 9.

24 colors of floss (page 2): one skein of each color (an estimate from the drawing's lines and shapes).

A water-soluble pen, and small scissors.

Onto the fabric

Fabric you can see through: page 3 taped to a sunny window, the fabric over it; trace.

Other fabric: dressmaker's carbon paper, colored side down, page 3 on top; trace with a ballpoint.

Iron-on pen: go over page 4, the mirrored page, and press it ink side down as the pen's packet says. The lines stay.

Then hoop it, inner ring under, tight as a drum.

How to read it

Floss has six strands: cut 18 inches (45 cm), pull out the number named one at a time, and lay them together.

Start a filling with tiny stitches, a line with a small knot; end under stitches on the back.

Every stitch in pictures: flossfield.com/embroidery/stitches.

New to this: flossfield.com/embroidery/guides/how-to-start.

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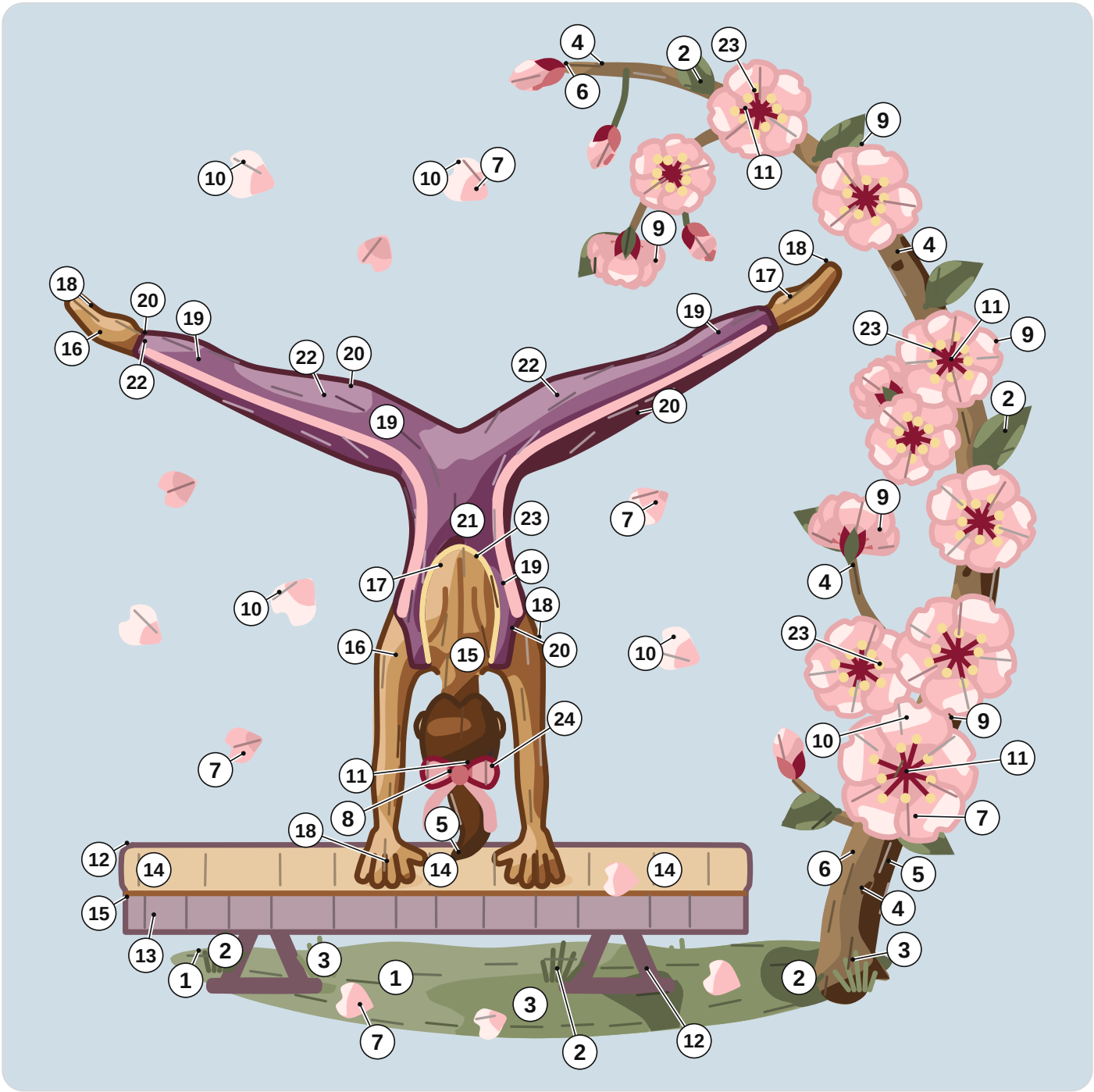
6 inch hoop

A number is a color of the list. Fine lines show which way the stitches lie: do not stitch them.



1	DMC 3053 Green Gray	9	DMC 3688 Medium Mauve	17	DMC 437 Light Tan
2	DMC 3051 Dark Green Gray	10	DMC 819 Light Baby Pink	18	DMC 801 Dark Coffee Brown
3	DMC 3052 Medium Green Gray	11	DMC 3685 Very Dark Mauve	19	DMC 3835 Medium Grape
4	DMC 3862 Dark Mocha Beige	12	DMC 3740 Dark Antique Violet	20	DMC 154 Very Dark Grape
5	DMC 898 Very Dark Coffee Brown	13	DMC 3042 Light Antique Violet	21	DMC 3834 Dark Grape
6	DMC 3863 Medium Mocha Beige	14	DMC 738 Very Light Tan	22	DMC 3836 Light Grape
7	DMC 3689 Light Mauve	15	DMC 434 Light Brown	23	DMC 3822 Light Straw
8	DMC 3687 Mauve	16	DMC 436 Tan	24	DMC 3371 Black Brown

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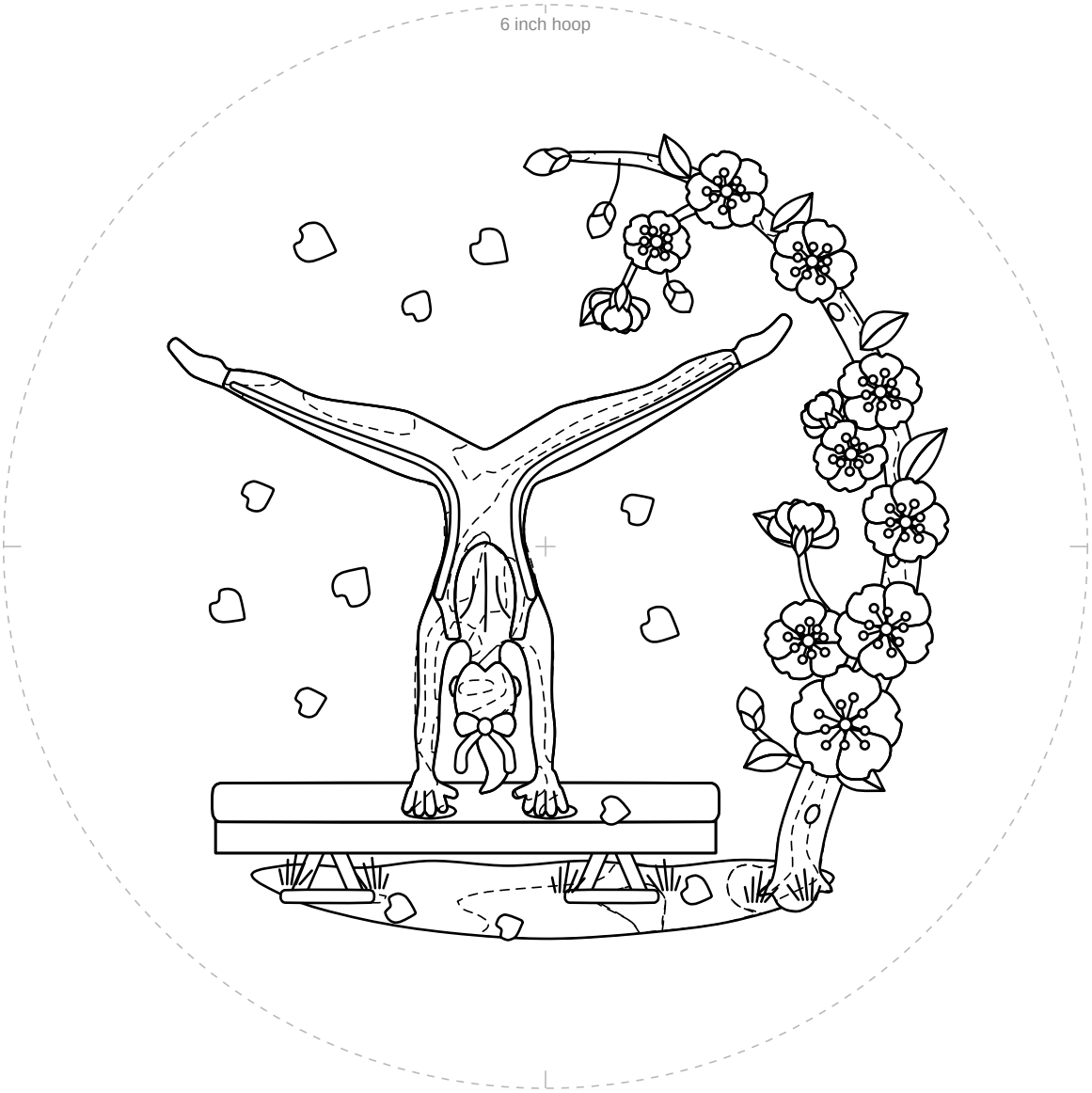
6 inch hoop

Print at 100% and measure the square. Trace the black lines only. The gray ring is the hoop: fold the fabric in four and lay the folds on its ticks.

On the drawing a ring is one French knot: mark a dot; a broken line inside a shape is where two shades meet: trace it, do not stitch it.



1 in
25.4 mm

Not 1 inch (25.4 mm)? Print again at 100%.

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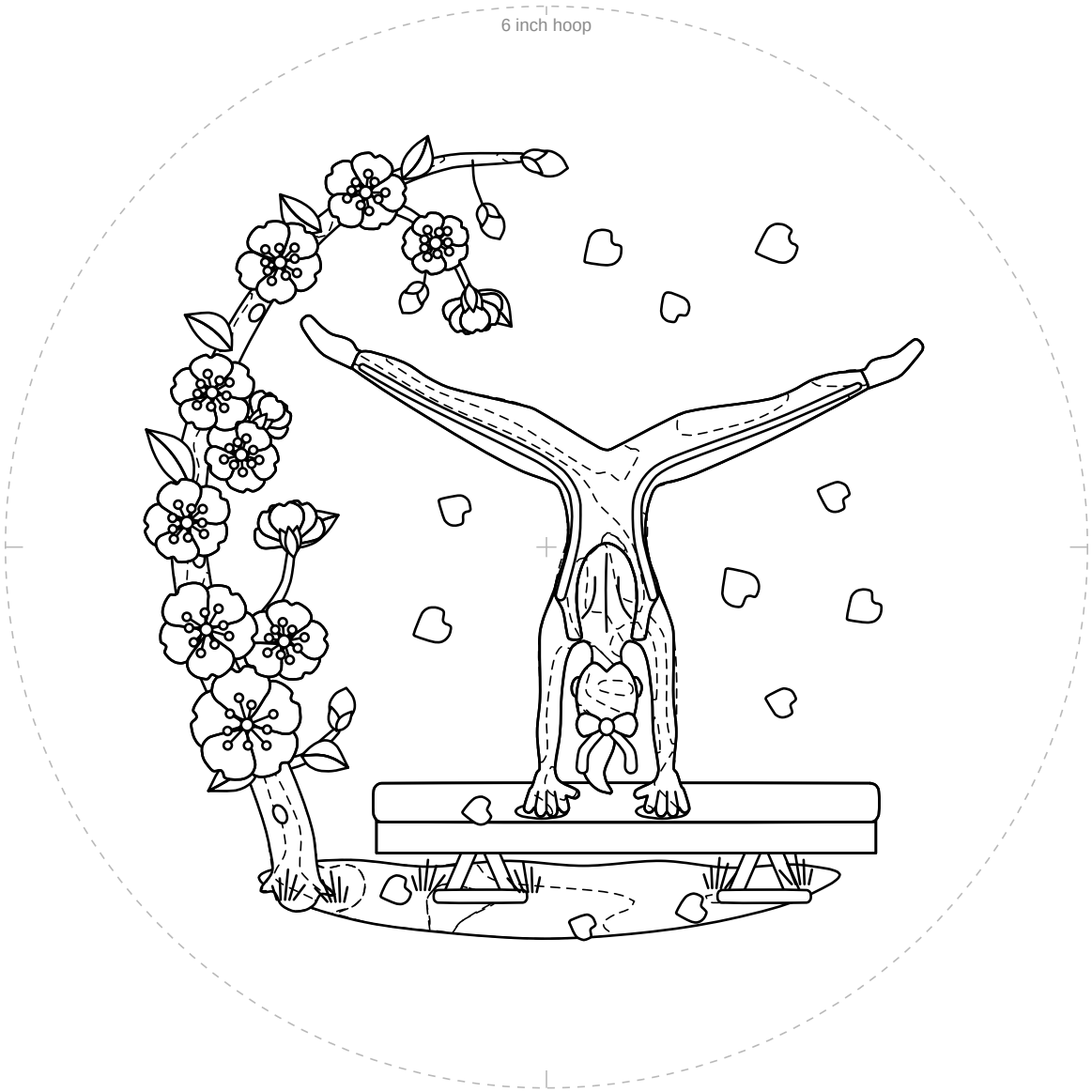
6 inch hoop

For an iron-on pen only. Go over the lines, press ink side down.



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